



Table Tennis

History

Table tennis was first played in England in the early 1900's. It was known by its trade name ping pong until 1921. Table tennis is a major competitive sport overseas and since the 1950's has been dominated by the Asians.

Rules

A Game = 21 points (you must win by at least 2 points.)

Singles:

1. The server serves - the receiver returns the serve; players continue alternating hits until someone misses = point for the opponent.
2. Service change occurs after every 5 points.

Doubles:

1. Each server serves five points.
2. The serve alternates between teams.
3. The play of the ball must alternate between partners.

SERVING ORDER:

No. 1 serves first to No. 2 for 5 points
No. 2 serves second to No. 1 for 5 points
No. 3 serves third to No. 4 for 5 points
No. 4 serves fourth to No. 3 for 5 points.

ORDER OF PLAY AFTER THE SERVE:

No. 1 serves to No. 2
No. 2 returns the serve
No. 3 makes a good return
No. 4 makes a good return
Then No. 1 returns and so on until someone misses.

The Serve:

1. The ball is held on the open palm of the server's free hand.
2. No part of the racket except the handle may be above the waist when the ball is served.
3. The ball is tossed up at least 6 inches (no spin on the toss) and hit on the descent of the ball.
4. The ball must hit the server's side of the table first and then the receiver's side.
5. IN DOUBLES: the ball must hit the server's right hand court and then the receiver's right hand court.

Let Serve:

A serve that is replayed.

1. A served ball in passing over the net touches the net or its supports - provided the serve is good otherwise.
2. If the ball is served when the receiver is not ready. (If the receiver plays the ball he is considered ready.)
3. If either player loses the point because of an accident not under his control.

Scoring - A PLAYER LOSES THE POINT BEING PLAYED IF:

1. he fails to make a good serve. -
2. he fails to make a good return - (misses the ball, hits it off the table, etc.)
3. he moves the table or touches the net while the ball is in play.
4. his free hand touches the playing surface while the ball is in play.
5. he allows the ball to bounce twice before playing it.
6. on the return he hits the ball twice.
7. on the return the ball hits his side of the table first.
8. the ball is volleyed = hit the ball before it bounces on his side of the table.
9. he plays the ball with his hand alone (no racket).
10. IN DOUBLES PLAY he hits the ball out of sequence.

Benefits:

1. Lifetime activity
2. Enhance eye/hand coordination
3. Skill and finesse

Fun Fact

The record number of table tennis hits in 60 seconds is 173 by Jackie Bellinger and Lisa Lomas at Northgate Sports Center, Ipswich, England on Feb. 7, 1993